

SAFE-T Newsletter:

Boundaries

RESPECTING BOUNDARIES

We are all entitled to our own physical and non-physical boundaries, and we each define these boundaries differently. It is important to check in with others whenever we may be crossing a boundary. Express to your adolescent your physical and non-physical boundaries. As much as possible, respect your adolescent's boundaries related to physical space, information that they share, and decision-making abilities.

Encourage your adolescent to check in with others about their boundaries and to respect the limits others set. If you find that your child neglects to check in with others about their boundaries or to respect the limits others set, establish consequences. If your child continues to struggle with boundaries, know that they can get help.

Talking about boundaries with your adolescent

- Discuss your personal boundaries.
- Model asking for permission with your teen and with others.
- Model accepting “no” for an answer.
- When possible, respect your adolescent's boundaries.

Year 1 Progression

1. Program Introduction
2. Support & Resources
3. Coping
4. Empathy
5. Respecting Boundaries
6. Flirting, Joking, and Sexual Harassment
7. Taking Responsibility for Actions
8. Bystanders
9. Healthy Relationships Project I
10. Healthy Relationships Project II

Year 2 Progression

1. Program Introduction
2. Sexuality
3. Gender Stereotypes
4. Consent
5. What is Sexual Abuse?
6. Showing Support
7. Risk Factors & Asking for Help
8. Creating Caring Communities
9. Final Project I
10. Final Project II



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WHAT ARE TEEN ADULT DIALOGUES?

Teen-Adult Dialogues are an opportunity for parents and guardians to reinforce messages in SAFE-T, as well as discuss their own thoughts and perspectives about healthy relationships. Throughout the course of SAFE-T, each Newsletter will have Teen-Adult Dialogue questions. We ask you to find a time to naturally and honestly share these questions with your child.

Teen Adult Dialogues

Boundaries: Do you feel like your boundaries are usually respected? Why or why not?

Communication: How do you normally react when someone else tells you “no”? Are there times in which it is more difficult to accept “no” than others?

Joking: How can you know if someone is uncomfortable when you are joking around with them?

Questions?

If at any point you have any questions or concerns about the SAFE-T Program, please contact the SAFE-T Team at:

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Vermont**

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BOUNDARIES AND SEXUAL HARASSMENT

Sexual harassment is any unwanted sexual comment, gesture, touch, remark, nickname, or sexual joke/picture/graffiti. Oftentimes, sexual harassment occurs when flirting and/or joking has gone too far. It is important that we all recognize the importance of checking in with others to make sure that we have not crossed their boundary.

Everyone has a right to not be sexually harassed, and everyone has a responsibility to not sexually harass others. If your child is harassing others or experiencing harassment, know that you can get help.

For more information on sexual harassment, visit www.pcavt.org.